

THE SALAD ROAD TO HEALTH

By
H. VALENTINE KNAGGS

L.R.C.P., etc. etc.

Author of
"Indigestion : Its Cause and Cure"
"Rheumatism and Allied Ailments"
"The Truth About Sugar"
"The Healthy Life Beverage Book"
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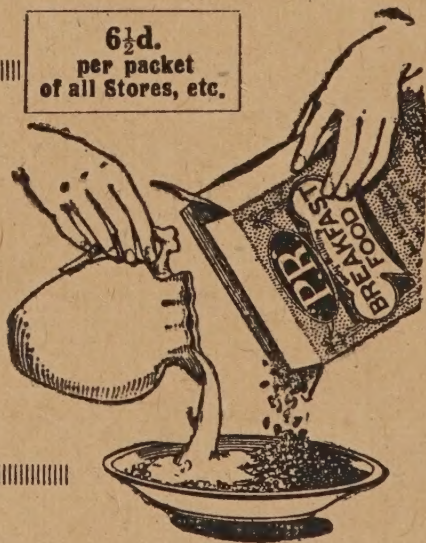
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The Real Man and his Body.

MAN, in reality, is not what he seems to be. The Real Man is invisible. He lives in another and a higher world of being. His body, I believe, is but an ingenious mechanism whereby he is able to enter into the phenomenal, or physical, world.

This body is something like an all-round telephone, for, just as with the telephone we can speak to others and hear what they have to say to us, so do our bodies become the instruments by which our Real or invisible selves speak, hear, see, feel, taste and act generally upon our environment.

We all know that the telephone is not the real thing which does the work. It is the invisible electric current supplied by the Postmaster-General which brings this about.

In the same way Nature, or the universal life-energy, feeds our bodies, keeps them running,

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and if we but let her do this work for us, we are always in good hands, so long as we do not needlessly meddle with her plans.

All animals in a wild state are guided by what is called "instinct." Even when brought into contact with man and fed on unnatural lines, animals do not entirely lose their instincts.

The Sick Animal's Instinct for Grass.

Thus cats, dogs and other animals, when ill, instinctively cease to eat their ordinary food, and resort to grass or other green stuff by way of "alterative" or natural medicine.

There is a good physiological reason why sick animals instinctively subject themselves to an unaccustomed salad diet. All vegetables of the leaf order—and grass is one of these—are richly supplied with mineral salts, and these salts possess the twofold power of combining with, and neutralising, acid and toxic material, which waste poisons are then passed out of the body via the excretions. The animal instinct is thus seen to be consonant with our knowledge of physiology and chemistry.

Where Salad Vegetables are not wanted.

It is a curious fact that the Esquimaux and other inhabitants of extremely cold climates will

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touch neither salt nor green vegetables.¹ They even avoid salted foods, and, of course, cannot obtain fruits.

What they need, and what they get, is fat in abundance, as provided for them by Nature. On the other hand, no fruits, vegetables, nor other foods rich in saline ingredients can grow in the Arctic regions.

Indeed, if the Esquimaux did obtain and eat of these vegetable products they would be liable to solidify his blood and crystallise in his tissues. Already extreme cold causes him to suffer this tendency to deposition and crystallisation of certain salts in his tissue.

To a great extent this tendency is due to the enforced closing up of the pores of the skin, whereby waste elimination is markedly arrested.

Similarly, carnivorous animals possess little or no power of poison elimination through skin action—i.e. they do not perspire—but they maintain their health because they do not need the salts of vegetables or fruits. Their livers deal with the poisonous waste acids, etc., of the flesh which is their natural food.

In the same way, too, the organic salts of vegetables are not essential to the dwellers in the tropics; they do not crave for green food. Great heat, relatively, has the same effect upon the body in this respect as extreme cold. While

¹ See Dr. Gibson's *Sugar and Salt, Foods or Poisons* (California, U.S.A.).

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extreme cold induces salts to crystallise in the tissues, just as ice is a crystallised product of water, so tropical heat causes rapid evaporation of the fluids of the body and leaves the denser mineral salts (potassium in particular), as it were, stranded high and dry within the tissues of the body.

Like the Esquimaux, the native of the tropics needs fat—which is just a combination of gaseous, or partly gaseous, elements (oxygen, hydrogen and carbon). In the cokernut, with its wonderful store of fat, we see the ideal food of the tropical man, and again we see that Nature provides the needful food in great profusion. Tropical man may also eat the fruits which are plentiful in tropical countries. The feature of the tropical fruit is its richness in sugar and its small amount of saline constituents. The great suitability of rice as the staple cereal of the tropics is seen in its, relatively, low percentage of mineral salts.

Where Salad Vegetables are of the Utmost Importance to Man's Well-being.

When we come to the intermediate climates of the earth—that is, to the temperate zone—we see at once the contrast. Here vegetable salts are urgently demanded by the body, and are amply supplied by Nature throughout the year.

It is hardly too much to say that mental, moral

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and physical progress depend upon a due supply of this vegetable food.

Manifestly, human progress has always been most marked in temperate regions¹ where, in the absence of extreme cold or extreme heat, mineral salts, both of fruits and vegetables, can be utilised to the full. Here man has only to eat moderately and wisely of the foods which Nature provides, and he will be likely to make faster progress than any other type of world inhabitant.

Salad is always essential and obtainable.

Salad vegetables are the one ingredient of our regular diet which we cannot afford to omit.

It is a mistake to think that salad is out of season during the winter months. Nature, supplemented by the gardener's art, now grows salads for us, in one form or another, all the year round. All up-to-date greengrocers keep salad materials in stock throughout the winter months. Every year the demand grows. Moreover, people are learning from the French to introduce more variety into salads by utilising neglected vegetables. It is sometimes asserted that salad is cold, indigestible food, wholly unsuited for cold weather, but this is a positive reversal of the facts.

¹ In this connection we must bear in mind that some regions now regarded as tropical, or sub-tropical (*e.g.* Palestine, Egypt, and Yucatan), had climates approaching the "temperate" when the civilised races inhabiting them were at their zenith of culture and energy.

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The late Albert Broadbent, in his useful booklet, *A Book about Salads* (3d.), says that "ordinary boiled cabbage requires five hours for digestion, whereas only two and a half hours would be required for its digestion if it were eaten raw."

The same ends are not nearly so fully achieved if we eat the vegetables cooked, for the boiling process destroys the original organic combination of the mineral salts in the vegetables. This prevents our obtaining the benefit we should if we ate them as presented by Nature.

Salads neutralise Toxins.

Physiology demonstrates that the waste products in the body are of an acid nature, and are chiefly due to the breaking down of the proteids and starches in foods, or to the disintegration of our tissues as a result of work done.

These acids must be eliminated from the system, otherwise our health will suffer from our tissues becoming clogged with foreign waste.

Experience shows that the best form of food to prevent this accumulation of toxins is just these salad vegetables.

They are what is termed alkaline foods. When eaten freely and daily an abundance of highly alkaline organic minerals (such as sodium, potassium, magnesium and calcium) will be available for Nature's "antitoxic" work.

These alkaline salts speedily neutralise the acid toxins, and in this way salad acts as a *natural antitoxin*.

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Moreover, the salad vegetable provides much non-irritating cellulose, or fibre, which, by filling out the digestive tract, promotes muscular movements and prevents constipation.

Salad Vegetables make the Blood Alkaline.

Healthy blood must be alkaline (opposite to acid) in order that the free elimination of waste acids can be accomplished. The alkaline salts of vegetables bring about this beneficent purpose.

Thousands of people of both sexes and of all ages in this and other countries of the temperate zones, are suffering from conditions akin to scurvy and anæmia as a result of living too exclusively upon a diet of cooked and devitalised foods.

My own experience goes to show that the healthiest people in this country are those who partake regularly and freely of some form of green salad as a part of their daily menu.

To some readers this idea may be quite new and strange. To them I would say: Begin at once and put the statement to the test of practical experience.

To one who has been long used to an abundance of cooked, tasty, or highly seasoned foods, salad may not at first taste good, but the appetite for it grows with use.

Also, when a person's digestive powers are greatly impaired he may at the outset find salads

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difficult to digest. This is not due to any essential indigestibility of green food, but to the fact that the digestive organs are often so weakened that they cannot digest *anything* properly. Besides this, the alkaline salts of the salad vegetables neutralise the acid poisons in the intestines, thus temporarily causing discomfort. This soon passes away if the salad is persisted in for a few days.

This remark applies especially to persons who are troubled with dilated stomach and long-standing catarrh of the stomach or bowels. Here the salad addition to the diet should be begun very gradually, the tenderer kinds (round lettuces, mustard and cress, etc.) being used. The leaves should be very finely chopped and the amount and variety cautiously increased as tolerance becomes established.

The Preparation of Salads for the Table.

All salad vegetables should be daintily and appetisingly served.

When a person has a garden he can cultivate his own green food ; as then it reaches the table in an absolutely perfect condition.

A wide-awake grower will sow suitable plants or seeds in such a way that a succession of crops make salads available all the year round.

Salad should be most carefully washed in several changes of clean tap-water. This should be done by a responsible person who is thoroughly

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conscientious. *Pure water is essential for this purpose, and if it is not procurable, as say abroad, the salad should not be eaten.*

During the washing process the leaves should be well picked over and inspected. Leaves should be torn, not cut. In very cold weather it may be wise to put some warm water into the basin used, otherwise the picking-over process is far from a pleasant task.

When done the leaves can be allowed to soak for an hour, or overnight (not longer), in cold water, to which a little lemon juice has been added to increase the crispness of the salad.

Green vegetables which are not wanted for immediate use are best preserved in a cool cellar wrapped in a damp cloth. They depreciate by being kept too long in water.

Before serving, the green leaves should be placed in a wire basket and whirled round several times to get rid of any superfluous moisture, or a colander can be used. It shows inexperience to serve the salad in a bowl at the bottom of which lies a quantity of water.

The following finer forms of salad vegetables can be had practically all the year round. Those varieties should be selected which are abundant, cheap and in good condition, according to the season, and all can be eaten raw. Cooking lowers their food value.

Lettuce
Endive
Batavia

Watercress
Mustard-and-cress
Cucumber

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Celery	Corn salad
Chicory	Tomatoes
(bleached)	Radishes
Sea-kale	Carraway roots, obtained
Chives	by sowing carraway
Spring onions	seeds in a rich soil
Spinach leaves	Rampion
Young carrot tops	Purslane tops
„ beet tops	Asparagus tops
„ turnip tops	Green Sugar Corn (Maize
Chervil	in cob form)
Sorrel	Green peas and broad
Dandelion	beans (if young and
Dandelion	tender)
(bleached kind)	Rhubarb slices
Nasturtium leaves	

The Preparation of the Coarser Forms of Salad Vegetables.

In an ordinary way cabbage, broccoli, sprouts, cauliflower and rhubarb stalks are thought to be too coarse and tough for incorporation in a salad. This, however, is not so, provided they are rightly prepared for table.

The method is to use the outer green leaves only, while the more solid and whiter heart of the cabbage, or the flower part of the cauliflower, can be shredded in the same way that roots should be done.

Take about six of the outer leaves of a cabbage or other coarse vegetable, cut out the central rib,

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roll up several very firmly into a sort of rissole or tight cylinder, place on a board, then with a sharp knife cut downwards, paring off *exceedingly fine paper-like shreds*.

Proceed in the same way with brussels sprouts or rhubarb.

A few leaves will furnish quite a large plateful of delicious, inexpensive green food made easy to eat, not now tough, and very digestible.

The Preparation of Uncooked Root Vegetables for Salad.

Much depends on the way that roots are served to make them presentable and palatable. A list may be given as follows:—

Potato	Kohlrabi
Jerusalem artichoke	Marrows
Carrots	Pumpkin
Turnips	Beetroots (raw)
Parsnips	Onions
Celeriac	Shallots
Salsify	Leeks

The larger roots or tubers should not as a rule be grated, as in this way they form a soft watery mess which is never altogether palatable, and soon spoils, or changes colour.

The right plan of preparation, after first well scrubbing and cleaning them, is to finely shred them. This can be done by cutting the roots

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into dice and passing them through a grater nut mill (about 1s. 9d.), or they can be shredded on an ordinary penny shredder with fine cutting holes (not a grater) which any ironmonger can supply. A large quantity can be quickly done in this manner. Shredded roots look nice upon the table, especially if one has mixed a number of roots of different colours together. Artichokes are well relished, if shredded, because they possess a real nutty flavour.

The root vegetables can be eaten alone, or they can be used in conjunction with a leaf salad.

The Preparation of Flower Salads.

The petals of many flowers are used as salads, especially by the Japanese.

Many ladies, who are fond of flowers, strongly object to this procedure. They look upon the tearing to pieces of beautiful flowers as a species of vandalism. But all plant forms are beautiful in their real structure and design, and there is no more reason why one should not eat flowers than leaves.

Chrysanthemums, stocks, violets, roses, nasturtiums, dandelions, are excellent for making flower salads.

The nasturtium and the dandelion are especially valuable for use in salads, as they possess distinctly marked antitoxic powers.

The same care in washing and examining must be exercised in the case of flowers as with leaves.

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The Serving of the Salad at Table.

Tastes differ, and one must try to fit the serving so that it conforms to the individual tastes of the family.

Thus, we can serve each form of salad separately, and let each member of the household select the kind he or she prefers.

Salad is best served plain, so that those who wish to use a dressing can do so after being served.

Mixed salads appeal to many, and in such cases it is well to combine the various constituents available so as to get the best contrasts.

All green leaves contain much phosphorus, hence they are fine nerve restorers. The more succulent, such as cucumber, celery or well-hearted lettuce, are rich in potassium salts which cool the system. Roots contain much alkaline-saline material which they derive from their contact with the earth; this makes them especially useful as correctors of acidity.

An ideal mixed salad should contain some of the more pungent, sulphured, blood-cleansing plants such as watercress, mustard and cress, nasturtium leaves or radishes (shredded) with the softer and less bitter varieties such as lettuce or endive, corn salad and tomato.

The cucumber is best served in cubes (with the skin on, if washed) and not in slices, and the tomato can be cut into slices or skinned by placing it for a moment in boiling water. Celery is best served cut very finely and lengthwise into very

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thin strands. One or two spring onions can be added if desired. Chives are the most delicate variety of onion.

The Question of a Dressing.

Some people prefer salad without an added dressing. Abroad the salad is almost invariably served with dressing. Children will often eat salad freely, if served with a nice dressing, as they dislike the bitter taste which some leaves possess.

The dressing, when wanted, can either be served separately in a small sauce jug or it can be mixed in with the salad just before it is served.

The dressing should never be made in the bowl into which the salad is to be placed. An ordinary kitchen basin is best. After mixing in this it can be tossed into the salad. The dressing must be added only just before serving, otherwise the salad will become sodden. Pine kernels, flaked, grated or mashed, or one of the prepared nut creams, will improve the taste of many salads, as an addition to the salad dressing.¹

The ingredients of the dressing are usually salad oil, lemon or rhubarb juice, which take the place of vinegar, and a little honey or brown sugar, if a sweet taste is relished.

Horseradish, finely grated, or horseradish sauce, makes an excellent salad dressing.

¹ See *Unfire! Food in Practice*, by Stanley Gibbon (Daniel, 1s. net).

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The following is a good recipe for an ordinary dressing, and to this nut creams, horseradish, mustard, grated lemon rind or other suitable ingredients can be added to suit individual tastes.

Beat up the yolks of two eggs until thick, or rub down two hard-boiled eggs. Add little by little the strained juice of half a lemon, or an equivalent of rhubarb juice, which can be had by grating rhubarb stalks on a grater and straining the resulting juice through muslin. When the egg and lemon mixture is again beaten to a thick condition, add a gill of good olive or nut oil, with a little pepper, salt, celery seeds, honey or tomato juice, or some form of spice to vary the flavour. A dressing should never be prepared hurriedly, as everything depends upon the thoroughness with which the various ingredients are incorporated. There is a great art in preparing salad dressing which no book can teach. The expert in unfired dishes gets to understand this art 'in time. The variety in flavourings is almost infinite in possibility.

The "Salad Cure."

In the spring-time we crave acids and green vegetables to cleanse our tissues preparatory to the onset of the warmer summer weather. Nature anticipates this want by providing salad vegetables at this season of the year in their most tender, succulent and appetising forms. They

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are there in the ground just peeping up waiting for us to pick them.

Contrary to popular belief and orthodox diet "authorities," one can sustain oneself for weeks on an exclusive salad diet, just as a horse or a cow can live on grass alone. Such a "salad fast" exerts an invigorating and rejuvenating effect upon the whole body, and the free action of the organic, alkaline mineral salts which normally clear away the toxins and poisonous acids of the body have then the field all to themselves.

Many physicians tell us to avoid tomatoes, rhubarb, sorrel, spinach, and other salad vegetables, because they contain some oxalate of calcium and oxalic acid. Long experience has convinced me that this acid and its lime salt is in no sense harmful, but, on the contrary, helpful. The digestive juices are able to deal effectively with this acid in the small quantities which are present. Rhubarb leaves are, however, an exception. It is unwise to include this in salads. They contain a relatively large quantity of oxalic acid.

In the summer-time, when lettuces are large and plentiful, a lettuce fast, taking from 1 lb. or more at each meal three times a day, is one of the most wonderful curative antitoxic agencies which we possess.

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A Cereal-free Menu with Salad, as an Antitoxic Diet to eliminate clogging Poisons and to regenerate the System.

Dr. Densmore in his book, *How Nature Cures*, contends with much cogency that cereals are the main cause of the clogging of our bodies with waste poisons. For this reason a cereal-free diet is an excellent curative form of treatment which can be taken to best advantage during the summer-time, when fresh fruits and salad vegetables are cheap.

A writer in the July 1914 number of *The Healthy Life* (see letter entitled "A Significant Experiment") shows how he effectually regenerated his system in this way, clearing out the poisons in the form of boils.

The following diet is an example of this form of curative diet. I have demonstrated to my own satisfaction that it really does bring about a marked raising of the vitality and a general improvement in health.

Breakfast.—About 8 A.M. 1 to 2lb. of fresh fruit (mixed). If sour fruits are included (such as oranges, lemons or grape-fruit), they can be taken with a little honey.

Midday Meal.—About 1 P.M. Sun-dried fruits (about 3 oz.), as figs, dates, prunes, black figs, sultanas, currants, raisins, which should be cleansed but not cooked; flaked or grated nuts (about 2 oz.), and a large plateful of mixed green leaf and root salad, dressed with oil, lemon and honey.

Evening Meal.—About 6 P.M. Fresh fruit with a little dried fruit and some nuts straight from the shell, as Brazils, walnuts, or Barcelonas.

Or the midday meal with salad can be repeated.

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